**Handedness Questionnaire #1**

Most people are either right-handed or left-handed. However, there are different "degrees" of handedness. Some people use one hand for jobs that require skill and the other hand for jobs that involve reaching. Other people use the same hand for these different jobs. Use this "Handedness Questionnaire" to measure the strength of handedness. Place a mark in a box for each question that describes you best.

|  |  |  |  |
| --- | --- | --- | --- |
| http://faculty.washington.edu/chudler/clear.gif | LEFT Hand | RIGHT Hand | EITHER Hand |
|  |  |  |  |
| 1. Which hand do you use to write? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 2. Which hand do you use to draw? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 3. Which hand do you use to throw a ball? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 4. Which hand do you hold a tennis racket? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 5. With which hand do you hold a toothbrush? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 6. Which hand holds a knife when you cut things? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 7. Which hand holds a hammer when you nail things? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 8. Which hand holds a match when you light it? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 9. Which hand holds an eraser when you erase things? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 10. Which hand removes the top card when you deal from a deck? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 11. Which hand holds the thread when you thread a needle? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| 12. Which hand holds a fly swatter? | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |
| TOTAL | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif | http://faculty.washington.edu/chudler/clear.gif |

**How to Determine your Score**

1. Count the number of LEFT, RIGHT and EITHER responses.
2. Multiply the number of RIGHT responses by 3. This number = R
3. Multiply the number of EITHER responses by 2. This number = E
4. Add R + E + (number of LEFT responses). This sum is your score.

Here is a table to help:  
Number of RIGHT responses x 3 = \_\_\_\_  
Number of EITHER responses x 2 = \_\_\_\_  
Number of LEFT responses = \_\_\_\_  
TOTAL = \_\_\_\_\_\_\_\_\_\_\_

**How to Interpret Your Score**

Scorehttp://faculty.washington.edu/chudler/clear.gif Handedness  
33 to 36 = Strongly Right-Handed  
29 to 32 = Moderately Right-Handed  
25 to 28 = Weakly Right-Handed  
24 = Ambidextrous  
20 to 23 = Weakly Left-Handed  
16 to 19 = Moderately Left-Handed  
12 to 15 = Strongly Left-Handed

(This questionnaire was adapted from the handedness questionnaire by Stanley Coren, *The Left-Hander Syndrome: The Causes and Consequences of Left-Handedness*, Free Press, New York, 1992.)